AETNA BETTER HEALTH®
Coverage Policy/Guideline

Name:	Zurzuvae (zuranolone)	Page:	1 of 2
Effective Date:	4/19/2024	Last Review Date:	03/26/2024

Applies to:	☒Illinois	☐Florida	☒New Jersey
	☐Maryland	☒Florida Kids	☒Pennsylvania Kids
	☐Michigan	☒ Virginia	☐Kentucky PRMD

Intent:

The intent of this policy/guideline is to provide information to the prescribing practitioner outlining the coverage criteria for Zurzuvae under the patient's prescription drug benefit.

Description:

FDA-Approved Indication
Zurzuvae is indicated for the treatment of postpartum depression (PPD) in adults.

All other indications are considered experimental/investigational and not medically necessary.

Applicable Drug List:

Zurzuvae

Policy/Guideline:

Criteria for Initial Approval

Post-partum depression (PPD)

Authorization may be granted for treatment of post-partum depression in adults when ALL of the following criteria are met:

A. Member has moderate to severe post-partum depression and had a major depressive episode with onset of symptoms that began no earlier than the third trimester of pregnancy and no later than the first 4 weeks following delivery, documented by standardized rating scales that reliably measure depressive symptoms (e.g., Beck Depression Inventory [BDI], Hamilton Depression Rating Scale [HDRS], Montgomery-Asberg Depression Rating Scale [MADRS], etc.).
B. Member is 12 months postpartum or less.
C. Member will not receive more than one 14-day treatment course per pregnancy / childbirth.

Approval Duration and Quantity Restrictions:

Approval Duration: One Month

Quantity Level Limit:

Medication	Standard Limit	FDA-recommended dosing
Zurzuvae (zuranolone) 20 mg capsules	28 capsules per 14 days	Recommended dosage: 50 mg once daily for 14 days. Reduce dosage to 40 mg once daily if patient experiences CNS depressant effects. Reduce dosage to 30 mg once daily for the following scenarios: • Concomitant use with a strong CYP3A4 inhibitor • Hepatic or renal impairment

References:

1. Zurzuvae [package insert]. Cambridge, MA: Sage Therapeutics, Inc.; August 2023.